



BEFORE YOUR BOTOX TREATMENT APPOINTMENT

1. Avoid Aspirin (ASA) and vitamin E for 7 days prior to your appointment. ASA prevents clotting of the blood. Vitamin E also can result in more bruising.
2. Avoid Ibuprofen (Advil, Motrin), and other anti-inflammatory drugs for 3 days prior to your appointment. Tylenol (acetaminophen) is fine, and does not increase bruising.
3. Avoid herbal medications like ginkgo biloba for 3 days prior to your appointment.
4. Avoid alcohol for 24 hours prior to your appointment.
5. If you are on blood thinners or have any bruising problems, please notify the doctor prior to your treatment.

AFTER YOUR BOTOX TREATMENT APPOINTMENT

1. Try to exercise your treated muscles for the first 30 minutes after treatment (e.g. Practice frowning, raising your eyebrows or squinting). Although this is thought to help, it will NOT impact your treatment negatively.
2. DO NOT rub or massage the treated areas for 24 hours after your treatment. DO NOT do strenuous exercise for 4 hrs after your treatment. This will minimize the risk of raising your blood pressure and therefore the risk of temporary bruising.
3. DO NOT lie down for 4 hrs after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the areas rubbed accidentally.
4. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up please use a gentle touch to avoid rubbing the treated areas.
5. Results of your treatment can take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing your treatment results.
6. Our clinic needs to see you in 2 weeks for a follow-up assessment. This is to ensure your facial muscles have reacted to your treatment accordingly. If you required more treatment to fine tune/ adjust your results, it may be applied during this appointment at additional cost. Alternatively, additional product may not be required. Your results will then be photographed to record your results.
7. Botox Cosmetic requires special techniques in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
8. Botox Cosmetic is a temporary procedure and at first you may find that your treatment results will last approximately 3-4 months in some people up to 6 months.
9. Initially, the doctor sees his patients between 3-4 months. He is able to create the best clinical results for you during this period. If you allow Botox Cosmetic to completely wear off, it is difficult to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve.
10. We strive to fully satisfy our patients. We offer the special service of contacting you as a reminder prior to your booked appointment. If the date and time does not work for you we would be happy to reschedule it for you. If you have any concerns please call our office.